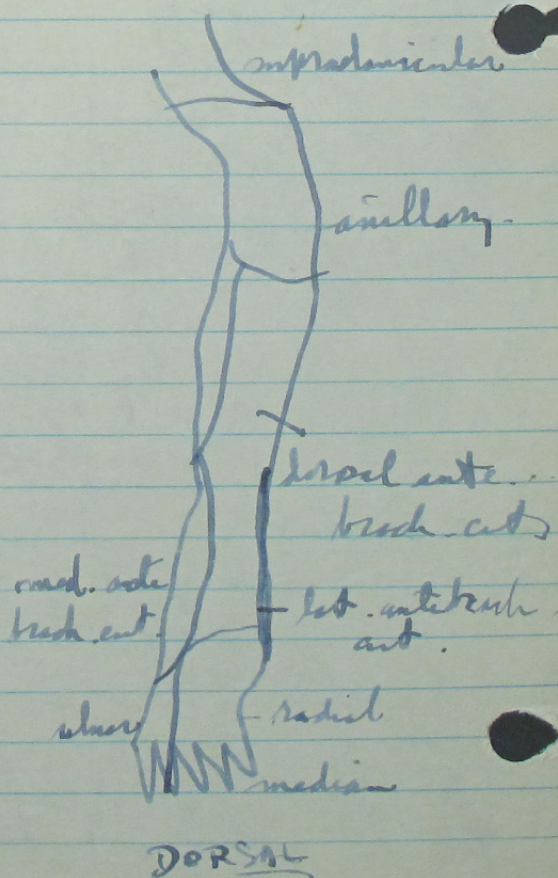
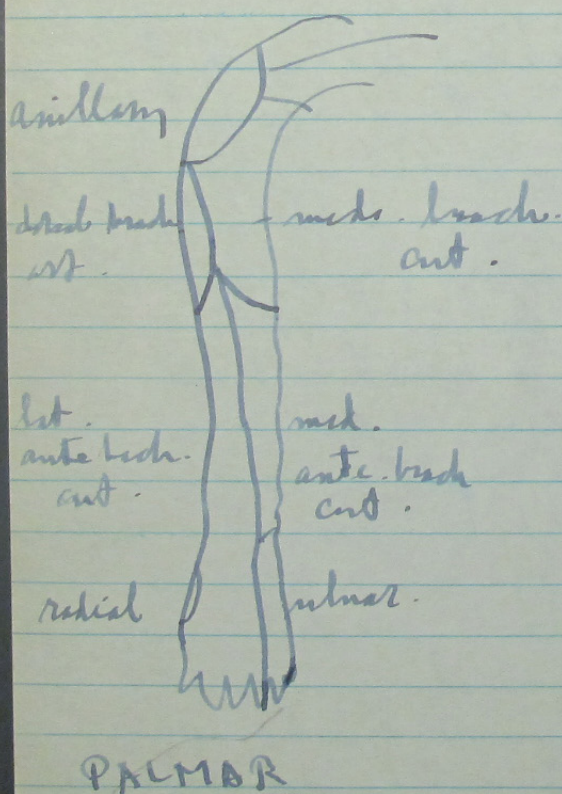


Duck - ~~extensor carpi r. brach.~~
~~supinator~~
~~extensor c. ulnaris~~
~~" pollex longus. all extensors~~
~~abductor~~
~~extensor pollexis brach.~~
Skinn - back of hand.

Superficial -

skins - back of hand & radial side of arm
 incised - little finger
 half of ring



Flexion

Biceps
Coraco - brachialis
Brachialis

Extension

Triceps
Latissimus - dorsi

Extension of elbow

Extensor carpi radialis longus
Triceps

Pronation of forearm

Pronator teres
Pronator quadratus

Upward rotation of shoulder

Serratus
Serratus Anterior

Downward of shoulder

Infrascapular
Rhomboids
Pect. Minor

● Flexor hallucis longus.

- palpable
- flexes great toe.

Plantiflexes ankle.

N.B. - in walking, important - last point of contact in walking.

Tibialis post.

- tendon felt near insertion on navicular.
- strong inverter of foot with planti-flexion.
- important in maintaining arch of foot. (long arch).

Foot.

Extensor digitorum brevis

0. - lateral side of calcaneum.

2. - to 4 little toes.

Side of foot. - layers.

1st layer.

1) Abductor hallucis. - medial arch of foot.
flexes + abducts toe.

- tom-string

2) Flexor digitorum brevis.

- under planter aponeurosis

- flexes middle joint of toes.

- maintains arch of foot

middle i.
+ proximal i.

- 5) Abductor digiti minimi - lateral side.
- flexes + abducts proximal joint of 5th toe.

2nd layer.

- 1) Quadratus plantae. Flexor digitorum ~~profundus~~
- corrects slant of pull of flexor digitorum longus.
- 2) Sartorius.
- flex proximal joint
+ extend medial + distal joints

3rd layer. of 4 outer toes.

- 1) Flexor hallucis brevis.
- flexes proximal joint.
- 2) Abductor hallucis (2 heads)
Transverse + oblique.
- maintains transverse joint arch.
- 3) Flexor digiti minimi brevis.
- flexes little toe.

4th layer.

Inter-ossei - 4 heads

- 1) Inter-ossei Abductor
- medial side of 3rd + 4th toes.
- flexes proximal joint
- extend middle joint.

Elevation

Senator Anguli Scapula upper 4 m.
Trapezius - 7 cith. m.
Pect. (both)

Adduction

Rhomboids - Rotation medially
Superf. Trapezius } retraction - contraction
Latissimus dorsi }

Protraction

Serratus Anterior
Pect. Minor & Major

pull scapula forward
upper 8 m.

Neck

- rotation of head.
upper fibres - elevates shoulder girdle.
middle " - draws scapula to spine
lower " - depresses tip of shoulder.

Contraction - pulls scapula back & medially
(retraction)

Trapezius
Rhomboids

Downward rotation - Pect. Minor lat. dorsi

Depression

- Pect. Major
- lower fibres Trapezius.
- Rhomboid Major.

Rhomboids
1. Scapula

Superior angle laterally

- lower of Serratus.

Physiology + Hygiene

Miss Mackley

Fundamentals of Health Chapter 1

The Evolution of Man

World composed of living + non-living matter.
living - organic
non-living - inorganic.

Man is an animal organism which must feed, defend, protect + reproduce itself.

Natural laws of life are
omnipresent
immutable
ruthless

Violation of these result in disease + death.

Biology - study of life.

Principle of Evolution

All present living organisms have ~~slowly~~ been derived through slow changes from simpler pre-existing types.

Origin of life not explainable

but - organized matter with properties of life will compose any form of life past, present or future.

Written history of Europe begins with Christian era - cliff dwellings, hatchets etc.

Paleontology - study of extinct + fossilized forms of life.

Human race originated from apelike ancestry somewhere in central Asia.

Time - upper Pliocene period

- half a million years ago.

- assumption of development of man from apelike ancestor, geographically, mentally

Humanity spread N.E. from Asia across
Behring Strait to America.
Australia

S. to Africa - W. to Europe.

Series of barbaric migrations by the races
which developed virility, agility, approx.
6000 B.C. - earliest records.

10,000 yr. ago - some kind of civilization.

Egypt + S.W. Asia more progressive than
S.E. + N.W. Europe.

Study ancient man by tools, weapons,
utensils + by skeletons.

Brö-Magnon man - species *Homo sapiens*
first found in S. France.

- existed in glacial period, was hardy.

Pittedam + Heidelberg man - oldest fossil
remains, half a million years old.

Pithecanthropus (*Pithecanthropus* - ape) + *anthropus*
- small brain.

- strong massive muscles of jaw.

indicated by ridges on skull where attached.

- eyes sunken + protected by prominent
superciliary ridges.

- walked erect, knees flexed, head bent.
+ neck muscles heavy.

Neanderthal man - *Homo neanderthalensis*.

- skeletons found in Austria, Germany,
Belgium, France, Spain.

- short + stocky, about 5' 3".

- walked erect, knees slightly flexed,
head bent, neck heavy + muscular.

- large long skull, sloping in front with
prominent ridges over the eye-sockets.

- lower jaw lacks prominence of chin.
- teeth massive - wide grinding surfaces.
- lived in caves, utilized fire, were crude tool-makers.
- superseded by Crô-Magnon type which migrated to Europe from the east.

Crô-Magnon man - see page 12.

The Development of the Individual. Chapter 2.

Human body composed of minute living units - cells.

Cell - living matter or protoplasm, surrounded by a membrane, containing a more refractive inner body or nucleus.

- they differ in structure + function.

Muscle cells - long fibers able to contract.

Nerve cells - thin elongated processes specializing in conductivity.

Blood cells - granular

- produce variety of complex chemical products

Cytopology - study of the cell.

.. .. structure + function of the ultimate units of life.

Cell - an energy producing unit composed of living matter.

Structure of cell -

- composed of protoplasm.
- surrounded by a membrane
- protoplasm contains the nucleus.
- cytoplasm is protoplasm outside nucleus + is transparent, foamy, netlike.

Cytoplasm contains, vacuoles, Golgi bodies, mitochondria.

Centrioles - important in cell division.
- situated close to the nucleus & imbedded in the cytoplasm.
- surrounded by a light spherical area separated from granular cytoplasm by Golgi bodies.

Nucleus - limited by a nuclear membrane.
- surrounded by nuclear substance called nucleoplasm.

Nucleoplasm - composed of a liquid part & a slightly heavier network (under certain conditions takes on a deep stain from coal-tar dyes).

Network called chromatin - important constituent of the cell.

Tissues - aggregates of cells, similar in structure & function.

Organs - combinations of various tissues.

Individual - combination of organs.

cell - tissue - organ - individual.

Protoplasm - mixture of organic & inorganic substances.
organic - proteins, fats, lipoids, carbohydrates.

inorganic - inorganic salts & water.

- chemical elements - C, H, O, N. 99%
- most complex chemical mixture known.

Other properties of protoplasm.

- capacity for motion.
- ability to respond to stimulation.
- power of nutrition & metabolism.
- potentialities of growth & reproduction.

Protoplasmic movement involves locomotion, streaming, & rotation of protoplasm, production of heat.

Living matter responds to physical & chemical stimuli - heat, cold, light, electricity, acids, bases, salts.

Responses not uniform for all protoplasm.

Protoplasm of a given cell is never the same as that of another.

Stimuli received are carried throughout entire protoplasmic substance of cell & result in its proper adjustment to environment.

Stimuli conducted to neighboring cells.

(eg.) nerve cells (neurons) transmit stimuli through sense organ to spinal cord & brain where impulses are conducted by other neurons to other cells which so respond.

Metabolism - building & destruction of protoplasm is the process of taking salts & water from immediate environment & making protoplasm.

Catabolism - destruction of protoplasm.

Anabolism - construction of protoplasm.

Cell-energy - producing unit composed of living matter.

Cells of particular tissue alike in size & shape.

Growth by intussusception - growth of protoplasm within the cell mass.

Cell division is the basis of growth of an organism.

- takes place in unspecialized cells of the organism in early development & in certain stages of mult. of reproductive cells of adults.



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